

## Church News

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### PERSONALS.

Rev. R. E. Vinson, D. D., president of the Texas University, has been appointed to deliver and address at the next Assembly on "The Organization of the First Synod in America," in celebration of the 200th anniversary of this interesting and important event. This is in compliance with an overture to the last Assembly from Eastern Texas Presbytery.

Rev. A. D. P. Gilmour, D. D., pastor of Purity church, Chester, S. C., has been unanimously called to the pastorate of the First church, Spartanburg, S. C., which has been efficiently served for nearly twenty-five years by the Rev. John S. Watkins, D. D.

Rev. W. H. Mills, D. D., has declined the call recently extended him by the Reidville-Nazareth group of churches in Spartanburg county, S. C.

### CHANGE OF ADDRESS.

Rev. John H. Billot from Yoakum to Del Rio, Texas.

Rev. I. H. Miller from Jackson, Ga., to Middleton, Onla.

Rev. S. O. Hall from Lexington, Mo., to Greensboro, N. C.

### SYNOD OF VIRGINIA.

The Synod of Virginia met last Tuesday in the classic town of Lexington, and the universal comment of the members was that it was a fine meeting. The attendance was large, the arrangements at the church were excellent, the hospitality of the people was unbounded, the weather was ideal, and a deep feeling of spirituality was shown in all the services.

The Moderator, Rev. J. R. Graham, had returned to his work in China, and so Dr. F. T. McFaden, the last Moderator preceding him, occupied the chair. The opening sermon was preached by Rev. Dr. W. W. Moore, president of Union Theological Seminary. He took as his text Acts 26: "The disciples were first called Christians at Antioch."

Rev. Dr. D. W. R. Laird, of Danville, was elected as Moderator, and Rev. T. W. Hooper, Jr., was elected temporary clerk.

The Synod adopted a new order for its devotional exercises. Instead of spending a half hour at the opening of the morning session, these services were held in the midst of that session, when business was suspended for a time. These services were very interesting, and helpful addresses were made by Rev. Dr. Theron H. Rice, of Union Seminary.

Each of the causes of the Assembly was given full and careful consideration and reports were made by the respective committee. Rev. Dr. S. L. Morris told of the work and needs of the Assembly's Home Missions. He called special attention to conditions which will probably face this country at the conclusion of the European war.

Rev. Dr. H. H. Sweets spoke in the interest of Christian Education and Ministerial Relief. He said it was a mistaken idea that some held that there is no further need for candidates for the ministry. Many are still needed. In speaking of the endowment fund for Ministerial Relief, he said that over \$50,000 had been raised under the special effort now being made, but that \$80,000 more was needed before the end of the year to complete it.

Rev. Dr. W. H. Milley, superintendent of Evangelism, spoke on "Evangelism and Stewardship." He said that we hear a great deal more about money than we do about winning souls, when this ought to be recognized as the great work of the Church.

An interesting meeting was held in behalf of Foreign Missions, when addresses were made by Rev. R. L. Wharton, of Cuba; Rev. A. P. Hassell and Rev. S. P. Fulton, of Japan, and Rev. John I. Armstrong, Educational Secretary of the Foreign Missions Committee. \$90,771 was given last year by the churches of the Synod.

Sunday-School Extension Work received a good deal of attention under the guidance of Rev. H. H. Hudson. One of the points specially emphasized was the desirability of combining more closely Home Missions and Sunday-School Missions.

Synod's Home Missions is always the object of special interest to the Synod. Under the leadership of Rev. J. E. Booker this work had a very prosperous year. There were only nineteen churches, according to Dr. Booker's report, in the whole Synod which did not contribute to this cause. The whole amount given was \$16,641.09. The Synod showed its appreciation of the excellent work that Dr. Booker has done as superintendent of its Home Mission work for more than twenty years by increasing his salary from \$1,800 to \$2,400 a year. This was done by an unanimous rising vote.

A resolution was adopted urging the churches to make contributions to the relief work among the persecuted Armenian and Syrian Christians.

A meeting was held in the interest of Hampden-Sidney College. Addresses were made by Rev. Dr. H. T. Graham, the president of the College, and by several alumni. Emphasis was laid upon the necessity of completing the endowment fund that is now being raised, in order that the College may continue its good work in preparing young men for their best work for the Church and the country. This College has given more men to the ministry of the Southern Presbyterian Church than any other college.

Rev. William Megginson, the dean of the Assembly Training School for Lay Workers at Richmond, made an interesting report. This is the third year of the school. There are now twenty-seven boarding pupils, beside a number of others who attend from the city. The school is being supported entirely for the first three years by the Presbyterians of Richmond.

Mr. C. R. Warthen, the superintendent, told the Synod of its Orphans' Home at Lynchburg. He said that there are now 118 children in the Home, and that they were taken care of last year, housed, fed, clothed and taught, at a cost of \$122 each.

Rev. D. P. McGeachy, of Lewisburg, W. Va., came to the Synod as a representative of the Synod of West Virginia. That Synod is a joint supporter with the Synod of Virginia of the Lynchburg Orphans' Home. He told the Synod of an offer that had been made his Synod of land and money amounting to about \$10,000 to establish an orphanage. He intimated that if this offer were accepted it would be necessary for his Synod to devote its attention to its own institution. The Synod of Virginia expressed regret at the separation, but bade the new Synod and institution God-speed.

Rev. H. C. Thompson, a representative of the American Bible Society, spoke in the interest of the society. He was formerly engaged in Bible work in Porto Rico, but for the past four years he has been in Spain as a member of a commission which has been engaged in revising the Spanish Bible.

Rev. Mr. Crabtree, the prison evangelist, told of the work that he is doing for prisoners and ex-prisoners, and of a home for ex-prisoners which

# The Crimes We Commit Against Our Stomachs

By Arthur True Buswell, M. D.



Eugene Christian

As Dr. Orison Swett Marden, the noted writer, says, "The brain gets an immense amount of credit which really should go to the stomach." And it's true—keep the digestive system in shape and brain vitality is assured.

Food is the fuel of the human system, yet some of the combinations of food we put into our systems are as dangerous as dynamite, soggy wood and a little coal would be in a furnace—and just about as effective. Is it any wonder that the average life of man to-day is but 39 years—and that diseases of the stomach, liver and kidneys have increased 103 per cent. during the past few years?

And yet just as wrong food selections and combinations will destroy our health and efficiency, so will the right foods create and maintain bodily vigor and mental energy. And by right foods we do not mean freak foods—just good, every-day foods properly combined. In fact, to follow Corrective Eating isn't even necessary to upset your table.

Not long ago I had a talk with Eugene Christian, the noted food scientist, who is said to have successfully treated over 23,000 people without drugs or medicines of any kind, and he told me of some of his experiences in the treatment of diseases through food.

One case that interested me greatly was that of a young business man whose efficiency had been practically wrecked through stomach acidity, fermentation and constipation, resulting in physical sluggishness, which was naturally reflected in his ability to use his mind. He was twenty pounds under-weight when he first went to see Christian, and was so nervous he couldn't sleep. Stomach and intestinal gases were so severe that they caused irregular heart action and often fits of great mental depression. As Christian describes it, he was not 50 per cent. efficient, either mentally or physically. Yet in a few days, by following Christian's suggestions as to food, his constipation had completely gone, although he had formerly been in the habit of taking large daily doses of a strong cathartic. In five weeks every abnormal symptom had disappeared—his weight having increased six pounds. In addition to this, he acquired a store of physical and mental energy so great in comparison with his former self as to almost belie the fact that it was the same man.

Another instance of what proper food combinations can do was that of a man one hundred pounds over-weight whose only other discomfort was rheumatism. This man's greatest pleasure in life was eating. Though convinced of the necessity, he hesitated for

months to go under treatment, believing he would be deprived of the pleasures of the table. He finally, however, decided to try it out. Not only did he begin losing weight at once, quickly regaining his normal figure, all signs of rheumatism disappearing, but he found the new diet far more delicious to the taste and afforded a much keener quality of enjoyment than his old method of eating, and he wrote Christian a letter to that effect.

But perhaps the most interesting case that Christian told me was that of a multi-millionaire—a man 70 years old, who had been traveling with his doctor for several years in a search for health. He was extremely emaciated, had chronic constipation, lumbago, and rheumatism. For over twenty years he had suffered with stomach and intestinal trouble, which in reality was superaciduous secretions in the stomach. The first menus given him were designed to remove the cause of acidity, which was accomplished in about thirty days. And after this was done he seemed to undergo a complete rejuvenation. His eyesight, hearing, taste and all of his mental faculties became keener and more alert. He had had no organic trouble—but he was starving to death from malnutrition and decomposition—all caused by the wrong selection and combination of foods. After six months' treatment this man was as well and strong as he had ever been in his life.

These instances of the efficacy of right eating I have simply chosen at random from perhaps a dozen, Eugene Christian told me of, every one of which was fully as interesting, and they applied to as many different ailments. Surely this man Christian is doing a great work.

There have been so many inquiries from all parts of the United States from people seeking the benefit of Eugene Christian's advice and whose cases he is unable to handle personally, that he has written a little course of lessons which tells exactly what to eat for health, strength and efficiency.

These lessons, there are 24 of them, contain actual menus for breakfast, luncheon and dinner, curative as well as corrective, covering every condition of health and sickness from infancy to old age, and for all occupations, climates and seasons.

With these lessons at hand it is just as though you were in personal contact with the great food specialist, because every possible point is so thoroughly covered and clearly explained that you can scarcely think of a question which isn't answered. You can start eating the very things that will produce the increased physical and mental energy you are seeking the day you receive the lessons, and you will find that you secure results with the first meal.

If you would like to examine these 24 Little Lessons in Corrective Eating, simply write The Corrective Eating Society, Dept. 8611, 460 Fourth Ave., New York City. It is not necessary to enclose any money with your request. Merely ask them to send the lessons on five days' trial, with the understanding that you will either return them within that time or remit \$3.00, the small fee asked.

Please clip out and mail the following form instead of writing a letter, as this is a copy of the official blank adopted by the Society, and will be honored at once. CORRECTIVE EATING SOCIETY, Dept. 8611, 460 Fourth Ave., New York City

You may send me, prepaid, a copy of Corrective Eating in 24 Lessons. I will either remail them to you within five days after receipt or send you \$3.

Name..... Address.....  
City..... State.....

he has established not very far from Alexandria.

A communication was received from the Co-operative Educational Association asking the Synod to endorse its work. The Synod expressed its sympathy with the work it is doing for the betterment of the people, but said that, as a court of the Church, it was not proper for it to undertake to deal with matters entirely secular.

A message was sent to Dr. James P. Smith, the stated clerk of the Synod, expressing sympathy with him in his sorrow and regret at his absence. This is the first time that he has ever been absent since he was made clerk, forty-seven years ago.

Memorials were read of Rev. Dr.

P. D. Stephenson, Rev. Dr. T. W. Hooper and Rev. W. H. Groves.

On motion of Rev. Dr. Alfred Jones, the following paper was adopted unanimously:

"Whereas, the value of a religious newspaper in the home can hardly be overestimated, and,

"Whereas, the cost of publishing periodicals is greatly increased, and,

"Whereas, the Presbyterian of the South has done and is now doing good service; therefore, be it

"Resolved, That the Synod requests each Session to make or have made a canvass for the same in their congregation. And less this should fail to be done at the request of the Synod—